FEAR, COURAGE, REALITY, FEARLESSNESS

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Quotations/Thoughts of multiple authors
When the source book is not listed, the words may be paraphrases of the author痴 ideas obtained from AI, rather than verbatim quotations.

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===First DRAFT===11/02/2025
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Maya Angelou

Develop enough courage so that you can stand up for yourself and then stand up for somebody else.
-Rainbow in the Cloud...(2014)

Courage is the most important of all the virtues because without courage, you can't practice any other virtue consistently.

Conversations with Maya Angelou (1989)

I can be changed by what happens to me. But I refuse to be reduced by it.

Letter to My Daughter (2008)

We may encounter many defeats but we must not be defeated.

Still I Rise (1978)

Have enough courage to trust love one more time and always one more time.

Letter to My Daughter (2008)

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Marcus Aurelius

A man should stand erect, not be kept erect by others.
Meditations, Book 3

Do not act as if you were going to live ten thousand years. Death hangs over you. While you live, while it is in your power, be good.

Meditations, Book 4

When you arise in the morning, think of what a privilege it is to be alive –to breathe, to think, to enjoy, to love.
Meditations, Book 5

The impediment to action advances action. What stands in the way becomes the way.
Meditations, Book 5

It is not death that a man should fear, but he should fear never beginning to live.
Meditations, Book 6

The best revenge is to be unlike your enemy.
Meditations, Book 6

Look well into thyself; there is a source of strength which will always spring up if thou wilt always look there.
Meditations, Book 7

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.
Meditations, Book 8

Waste no more time arguing about what a good man should be. Be one.
Meditations, Book 10

You have power over your mind –not outside events. Realize this, and you will find strength.
Meditations, Book 12

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Alice A. Bailey

Until man conquers fear he cannot enter the Kingdom of the Real; for fear closes the door to knowledge.
-Initiation, Human and Solar (1922)

A point can be reached in human development where acceptance of deception is impossible & clear thinking is normal.

-Ibid

The aspirant must develop the courage to renounce the lesser for the greater good.
-A Treatise on White Magic (1934)

Fear is the great deterrent to the free expression of the soul through the personality.
-Esoteric Psychology II (1942)

When a man has faced fear and walked through it, he stands free and ready to serve the Plan.

-*Discipleship in the New Age I* (1944)

Let the disciple cultivate courage and an unshakable peace amid the turmoil of the world, for thus he serves the Plan.
-Ibid.

The disciple learns that true safety lies not in protection but in fearlessness.
-*Discipleship in the New Age II* (1955)

The courage to stand alone is the measure of the soul's development.
-Ibid.

The only true test of courage is to face one's own shadow.
-Ibid.

Courage is the keynote of the disciple, for there is nothing more terrifying than that point of transition when the soul realizes its responsibility.
-Ibid.

Courage is the quality which enables the disciple to move forward in spite of obstacles and inner rebellion.
-Ibid.

The courage of the heart is more important than the courage of the mind.
-Ibid.

The courage to work tirelessly and without attachment is the sign of a true server.
-*The Externalisation of the Hierarchy* (1957)

Stand in spiritual being. This is the keynote of the initiate who knows no fear.
-Ibid.

In the Yoga Sutras there are embodied for us the laws of that becoming, and the rules, methods, and means which—when followed—make a man "perfect even as your Father in Heaven is perfect." Step by step there is unfolded for us a graded system of development, leading a man from the stage of average good man, through those of aspirant, initiate and master on to that exalted point in evolution at which the Christ now stands. John, the beloved disciple, has said that "we shall be like him, for we shall see him as he is" and the revelation of the soul to man in physical plane incarnation works ever the great transformation.
-The Light of the Soul: Its Science and Effect, A Paraphrase of the Yoga Sutras of Patanjali with Commentar, *Introductory Remarks*

As the mental body develops fear and that which it produces begin to demonstrate. these are the fears of the mind, based upon memory, imagination and anticipation, and the power to visualize.
-**Book I: The Problem of Union**, Sutra 6

When we accept whatever experience we encounter as that being our destiny, or our fate, then we remove ourselves from the law of personal responsibility... Fear is nothing more than faith directed in a negative way.
-Ibid

His perception is now unfailingly exact...his mind reveals only the Truth...
-**Book I: The Problem of Union**, Sutra 48

Pain which is yet to come may be warded off. The Sanskrit words here give a twofold idea. They infer first of all that certain types of coming "misery" (as some translations give it) may be avoided by a right adjustment of a man's energies so that through his changed attitude of mind, painful reactions are no longer possible, and through the transmutation of his desires old "pains" are impossible. It infers secondly that life will be so lived in the present that no causes will be set in motion along the line of pain-producing effects.
-The Light Of The Soul Book II -The Steps to Union- Part 2, 16

The illusion that the Perceiver and that which is perceived are one and the same, is the cause (of the pain-producing effects) which must be warded off.
It might be summed up as follows:—All pain and sorrow is caused by the spiritual man identifying himself with his objective forms in the three worlds and with the realm of phenomena in which those forms have their activities. When he can detach himself from the kingdom of the senses and know himself as the "one who is not that which is seen and touched and heard" then he can free himself from all form-limitations and stand apart as the divine perceiver and actor.
- Ibid. Part 2, 17

-Alice A. Bailey/end/
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Francis Bacon

In order to overcome fear, do the thing you fear, and the death of that fear is certain.
-Essays

Boldness is ever blind, for it seeth not dangers and inconveniences.
-Ibid

He who fears death will never do anything worthy of life.
-Ibid

Fear makes the mind weak and irresolute; courage strengthens it.
-Ibid

Courage is the foundation of all virtues; where fear rules, reason is enslaved.
-Ibid

In order to attain knowledge and mastery, a man must confront what he fears and act despite it.

-The Advancement of Learning

Nothing is terrible except fear itself.

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Annie Besant

No man can attain freedom until he has learned to stand alone, confronting the world without fear
-The Path of Discipleship

Never forget that life can only be nobly inspired and rightly lived if you take it bravely and gallantly, as a splendid adventure in which you are setting out into an unknown country
-An Autobiography

Courage is a virtue which must be fostered against all limitations.
-*Esoteric Writings* (1903)

Difficulties exist only that in overcoming them we may grow strong.
-Ibid.

The brave soul acts because it must, not because it expects reward.
-Ibid.

Go forward with courage and with confidence in the ultimate triumph of the Good.
-Ibid.

Courage is not the absence of fear, but the mastery of it.
-Ibid.

A man's true strength is measured by the courage he shows when facing his own weaknesses.
-Ibid.

Fear is a cloud that can be dispelled by the light of knowledge and right action.
-Ibid.

The soul cannot progress without courage, for all advancement involves facing the unknown.
-Ibid.

Act rightly, and fear will not have dominion over your heart.
-Ibid.

Courage enables one to endure suffering and to rise above the trials of life.
-Ibid.

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Helena Petrovna Blavatsky

Before the soul can see, the harmony within must be attained, and fleshly eyes be rendered blind to all illusion.
-The Voice of the Silence

Before the soul can hear, the image (Man) has to become as deaf to roarings as to whispers, to cries of bellowing elephants as to the silvery buzzing of the golden fire-fly.
-Ibid.

Before the soul can comprehend and may remember, she must unto the silent speaker be united, just as the form to which the clay is modelled is first united with the potter's mind.
-Ibid.

For then the soul will hear, and will remember. And then to the inner ear will speak the voice of the silence.
-Ibid

If thou hast tried and failed, O dauntless fighter, yet lose not courage: fight on, and to the charge return again and yet again.
-Ibid

Remember, thou that fightest for man's liberation, each failure is success, and each sincere attempt wins its rewards in time.
–Ibid.

We should ever be ready for the battle of life, armed with courage and with faith.

Fearlessness must be cultivated in order to face the mysteries of the universe.

To dare, to will, to keep silence this is the threefold requirement of the path.

Without fortitude, no man can tread the path that leads to knowledge

To face life with an open mind and a fearless heart is true wisdom.

Fear is born of ignorance; he who knows the laws of Nature, and of his own being, fears nothing
- Collected Writings XII

It is only by the development of self-consciousness that man can free himself from the tyranny of Nature and the bondage of ignorance
-Secret Doctrine II

The first duty of every aspirant is to kill out fear. Without this, there can be no true freedom of thought or of soul
-Practical Occultism

The first necessity for the student of Theosophy is to dare to think for himself — to rebel against authority of every kind in the search for Truth
-Key to Theosophy

Without fortitude, no man can tread the path that leads to knowledge
- Tusculan Disputations
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Andrea Chalupa

A Course in Miracles has a simple message it gently teaches in a coaching, loving Voice, in the Voice of Christ: you have two choices when it comes to your freedom of choice—fear and love. That's it—that's what every "problem" in the world boils down to. And fear cannot exist since it is not a part of God, because anything outside of God is death. Then you simply have one choice—and that is love. Love is life and peace, and a mind at peace communicates with God. Communication with God is life, creativity, limitless power. Anything that makes you feel small, jealous, angry, guilty, vengeful springs from fear, products of the ego that just want to destroy you. That is the only temptation, to resist attack in all its many forms. Because when you attack, you're attacking yourself and cutting off communication with God. When people ask, how can there be a God when there's so much pain and suffering in the world, God didn't create that, we did. But the current darkness is falling away like eroded cliffs under the deluge of spiritual hunger. And this is one trend that will win out.
-[Report on] A Course in Miracles: The Book for Our Time
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Charlie Chaplin

Nothing is permanent in this wicked world — not even our troubles.

-*Monsieur Verdoux* (1947)

Life is a beautiful, magnificent thing, even to a jellyfish. The trouble is you won't fight. You've given up. But there is something just as inevitable as death. And that is life. Think of the power of the universe turning the Earth, growing the trees. That is the same power within you. If you will only have the courage and the will to use it.
砲alvero in *Limelight* (1952)

Life can be wonderful if you’re not afraid of it. All it needs is courage, imagination … and a little dough.

My Autobiography (1964)
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Cicero

Conduct me, Jove, and you, 0 Destiny, Wherever your decrees have fixed my station.
-Cleanthes/Hymm to Zeus

The wise man is always free; he is lord of himself; he fears not death.
-Tusculan Disputations

Fear is not a lasting teacher of duty.
-Ibid.

To be brave is to endure what you must, not what you like.
-Ibid.

He who has overcome fear has conquered life.
-Ibid.

No one is more courageous than the one who knows what to fear and what not to fear.
-Ibid.

Courage is the first of human qualities because it guarantees the others
--Ibid.

The greatest remedy for fear is knowledge
-Ibid.

Even in the face of death, virtue can make a man fearless
-Ibid.

Fear is not a lasting teacher of duty.
-Ibid.

The wise man is always free; he is lord of himself; he fears not death.
-Ibid.
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A Warrior knows that an angel and a devil are both competing for his sword hand. The devil says: ‘You will weaken. You will not know exactly when. You are afraid.’ The angel says: ‘You will weaken. You will not know exactly when. You are afraid.’ … At that moment the Warrior understands the difference.
-**Paulo Coelho**

Confucius (c. 475–221 BCE)

To see what is right and not to do it is the worst cowardice.
-Ibid.

Who conquers himself is the mightiest warrior
-Ibid.

To see what is right and not do it is want of courage.
-Ibid.

He who conquers others is strong; he who conquers himself is mighty.
-Ibid.

The educated man is calm and at ease, fearless of the world.
-Ibid.

Courage and wisdom are cultivated together; one cannot have virtue without both.
-Ibid.

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Benjamin Creme

When men become conscious of who they are, they will reject all forms of slavery — political, economic, or spiritual

When fear is gone, rebellion becomes creativity — the expression of the soul's freedom - The Reappearance...

Fear is humanity's oldest enemy. It keeps men silent before injustice and asleep to their divinity -SI, April 1984

Humanity is awakening to its divinity and will no longer tolerate the injustices born of ignorance. When men awaken, they will demand freedom and right relations
-The Reappearance...

The true courage is the sustained determination to serve humanity through the Master's Plan.

Unflinching courage is demanded to overcome the glamour of the personality.

A disciplined life and a courageous outlook are essential to withstand the world's pressure,

The courage to see things as they are and not as you wish them to be is a primary step.

Fearlessness is the foundation of the New Era.

His mantram is: fear not!" What a mantram! Nothing so inhibits humanity as fear. Fear would seem to be intrinsic to the human condition & yet from the point of view of the Masters it need not be.

People are literally filled with fear. Fear is inculcated in every child from the earliest age & that conditioning feeds the fears which surround every individual, almost, in life. I do not know the proportion of those who fear and those who do not, but the number of people who do not know fear must be tiny indeed.
His mantram is: fear not! All, in time, will be renewed.
All, in time, will be returned to the Light. -
-'The entry of Maitreya'

The overcoming of fear
by Benjamin Creme (6,400 word article)
https://share-international.info/archives/AgelessWisdom/aw_bcfear.htm

The Overcoming of Fear by Benjamin Creme, FreeAudio File
https://share-ecart.com/the-overcoming-of-fear-mp3-download-english/

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Epictetus

No man is free who is not master of himself.
–Discourses, Book IV, Chapter 1

Some things are in our control and others not. Things in our control are opinion, pursuit, desire, aversion, and, in a word, whatever are our own actions. Things not in our control are body, property, reputation, command, and, in one word, whatever are not our own actions.
-*Enchiridion* (Handbook), Ch 1

Who then is invincible? He who cannot be disturbed by anything outside his control
-Ibid, Ch 19

When you do anything from a clear judgment that it ought to be done, never shun the being seen to do it, even though the world should make a wrong supposition about it; for, if you don't act right, shun the action itself; but, if you do, why are you afraid of those who censure you wrongly?

-Ibid, Chapter 35

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Fortitude, the virtue which enables us to endure pain, and to banish fear, is of great use in producing tranquility.
-Epicurus, Ancient and Modern Celebrated Freethinkers (1877)

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Euripides

"I follow cheerfully; and, did I not,
Wicked and wretched, I must follow still
Whoever yields properly to Fate, is deemed
Wise among men, and knows the laws of heaven."
-Frag. 965

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Courage is defined as: the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or being deflected from a chosen course of action.
-Joshua Fernandez

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Horace

Adversity reveals the genius of a man, prosperity conceals it.
-Epistles

He who endures hardship with courage will find honor.
–Ibid.

Do not seek to avoid danger, but to meet it with wisdom.
-Ibid.

Nothing is more noble than facing life's trials with courage.
-Ibid.

Fortune favors the bold
-Odes

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The onward march of the human race requires that the heights around it constantly blaze with noble lessons of courage. Deeds of daring dazzle history and form one of man's guiding lights.

-**Victor Hugo**, Les Misérables (1862)

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Courage, of all national qualities, is the most precarious; because it is exerted only at intervals, and by a few in every nation; whereas industry, knowledge, civility, may be of constant and universal use, and for several ages, may become habitual to the whole people.

-**David Hume**, Of National Characters, part I, essay XXI (1758).

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Perfect love casteth out fear.
-1 **John** 4:18
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Go at it boldly, and you'll find unexpected forces closing round you and coming to your aid. (sometimes cited as "Be bold and mighty forces will come to your aid.)
-Basil King
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Maitreya

==========***Leaves of Morya's Garden I*** ==========

6...The fire of fearlessness will brighten your hearth.
We send the light to those who smile at darkness.
Your spirit is already in ascent, and the flaming heart will not be blighted by cold.
The Right Hand of God asserts Itself and proclaims the Dawn of Day.

12. ...Go forward without doubt, without fear, without turning back.

26. Naught will daunt you— the preordained Gates await you. Spurn cowardice—I shield the fearless ones.

108. ...Blessed are you who face the assaults by the evil ones—they attest that you battle for

Me. Fear not being insufficiently active; the air is tense and the fiery cross of love will cover the field of your battle, and the song of harmony will ascend...

117. My Children, you are unaware of the battle that rages around you.
Both secretly and openly do the dark forces fight.
Your spirit, like a dam, is lashed by the waters.
Your heart unfolds and will be flooded with knowledge.
Fear not, O heart, you will conquer!

127. Displaying fearlessness, you show a noble example to those around you.
I teach you to face life's experiences with hearts alight....I am hastening your karma, and on the way I strip away all masks, that you may see. Your power increases at the understanding of another soul.,,,

161. By your everyday life do I teach you.
Fear not the weak-spirited—like dry leaves will they be blown away.

233. A miracle occurs without warning, but naught happens by accident. Again I repeat—be not afraid. A new attack, but do not fear.

243. Have no doubt, no regret, no fear—the future is ahead of you!

247... A pack of hounds is snarling,
And the owl flashes its eye in the dark.
But those who know do not tremble in fear.
I am sending a Shield. Behold, and do not reject happiness.

274. Stretch your arm across the abyss.
Above the abyss there is no fear.
More abhorrent to the spirit are the confines of room and rug.
Direct your spiritual quest toward Us.
You perceive not the clouds as We do.
Striving creates miracles—but let Us be the Judges.

350. People have been taught about the heroes of antiquity.
At this change of races, should not achievement shine forth anew?
The Shield of Our Brotherhood is ready to protect the search for light.
Your best endeavors are nurtured by Us like seeds.
Blessed are the paths of beauty;
The thirst of the world must be quenched.
The miracle of New Life is obscured by tatters, yet it lives.

Fear not the scum of life;
When the pot is boiling, the scum swirls to the top.
On the path of podvig there can be no jear,
Yet the fire of the heart illumines the way of truth.

The truth of Eternity is in beauty of the spirit.
The spirit knows where beauty is.

412. Fear not, for what has been well planned will endure.

End of quotes from *Leaves of Morya's Garden I*, -Maitreya

Maitreya's Messages:

Fear not, My friends, for the future holds for man the promise of God.
Message No. 3

Cast out fear, for it blinds you to the glory of the moment.
Message No. 12

Let not fear hold you in thrall; the time of freedom is near.
Message No. 23

Where there is fear there is separation; when love enters, fear departs.
Message No. 45

Be not afraid of change, for through change comes renewal.
Message No. 57

Fear is born of illusion; know yourselves as the light you are.
Message No. 62

The end of fear will come when men share and trust one another.
Message No. 87

My blessing removes fear from your hearts and plants therein the seed of joy.
Message No. 98

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Martin Luther King Jr.

Courage is the power of the mind to overcome fear.

Courage is an inner resolution to go forward despite obstacles; cowardice is submissive surrender to circumstances.
–Strength to Love

Courage faces fear and thereby masters it.
–Ibid.

Cowardice asks the question, Is it safe? Expediency asks the question, Is it politic? Vanity asks the question, Is it popular? But conscience asks the question, Is it right? –A Testament of Hope

Faith is taking the first step even when you don't see the whole staircase.

Our lives begin to end the day we become silent about things that matter.
–Birmingham Speech

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.
–Strength to Love

A man who won't die for something is not fit to live.
–Speech, Detroit, June 23, 1963

If a man has not discovered something that he will die for, he isn't fit to live.
-Sermon at Ebenezer Baptist Church, 1963

Fear is mastered through love. Hate is rooted in fear, and the only cure for fear-hate is love.
–The Mastery of Fear
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The Master Koot Hoomi

...People must find the realization of Infinity in themselves, otherwise Our Towers will remain inaccessible to them. People should turn to Us in times of suffering and calamity. They will receive Our Help if their hearts have not yet turned to stone. Even those who are inexperienced will be admitted for constructive work if they preserve a lion's courage and recognize Hierarchy. Let these co-workers be assured that an invisible thread is stretched from their worktable to Us. Let them draw strength from their realization of the existence of the Brotherhood. We shall help them invisibly; We shall find books needed by them; We shall unite them in hope about the far-off worlds; We shall strengthen their confidence, and, provided that they have driven out their snakes and scorpions, We shall find a loving heart for them. Thus, you are becoming acquainted with a very important part of Our Life.

You can imagine Our joy in finding workers worthy of Our trust. Their striving spirits do not fear being tested. Only hypocrites fear that the Ray of Light might penetrate into the depths of their being. Open hearts form a beautiful necklace for the Higher Worlds....
Supermundane 27.

Urusvati embodies fieriness. Of what, then, does this precious quality consist? Some fieriness

exists in everyone, but there are particularly fiery natures that can communicate easily with the far-off worlds. People usually understand fieriness as anger, irritability, and bursts of hot temper, but these are merely earthly qualities, and we should not look for true fieriness in them. True fieriness is demonstrated in communion with the Invisible World and in participation in Our Missions.
...
Moreover, one should not associate fieriness with mediumism. On the contrary, in fieriness the mucous membranes are dry and ectoplasm is not exuded. The special quality of fieriness stands quite independently. With it, courage is present and fear does not exist. Fiery people do not feel fear, and are not afraid of the manifestations of the Subtle World.
Most people fear such manifestations, and therein lies their isolation from the Subtle World, even though there cannot be any transformation of life without this natural bond. We hasten to inspire people with fearlessness by every means. We try to whisper about the harm of fear and the foolishness of terror. From remote times people have been accustomed to fear so-called death. They were always intimidated by hell, and at the same time were not told about the meaning of perfectment. One cannot ask people to be brave if they do not know why they are on Earth, and where they will be directed when liberated. We entrust Our co-workers to repeat as much as they can to people about the great Eternity and the continuity of life.
...
We have not left, but have voluntarily remained on Earth. We have consciously accepted earthly life. We could be far away, but choose to remain with the suffering ones. Our Vigil would not be unswerving if We were influenced by fear. As physicians We know what devastation fear produces in the human organism.
...
Earthly physicians should distinguish a special kind of sickness caused by fear. Let them experience Our tension. Let them understand how harmful is fear.
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Do not think that fieriness comes by itself; it must be cultivated through many lives.
--Supermundane I, 44
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Lord Krishna

Bhagavad Gita

When your mind is not disturbed by adversity, and is steady in pleasure and pain, you attain true courage.
Chapter 2, Verse 15

For the soul, there is neither birth nor death at any time. It has not come into being, does not come into being, and will not come into being.
Chapter 2, Verse 20

You have the right to work, but never to the fruit of work. You should never engage in action for the sake of reward, nor should you long for inaction.
-*Chapter 2, Verse 47*

Those who are motivated only by desire for the fruits of action are miserable, for they are constantly anxious about the results of what they do.
Chapter 2, Verse 49

Do not be anxious or grieve for those who are lost in the material world. Courage comes from self-knowledge and duty.
Chapter 2

No one who does good work will ever come to a bad end, Arjuna. *Chapter 6, Verse 40*
Be steadfast in yoga, O Arjuna. Perform your duty and abandon all attachment to success or failure.
Chapter 2, Verse 50

By selfless action, one conquers fear and darkness and attains peace. 祂hapter 3

The wise see with equal vision a learned and gentle brahmana, a cow, an elephant, a dog, and even an outcast. Fear and prejudice vanish in the eyes of wisdom. *Chapter 5, Verse 18*

Be fearless, O Arjuna, and arise to your full potential.
Chapter 11
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Jiddu Krishnamurti

I am asking myself what is fear, not what I am afraid of.
Freedom from the Known

What is needed, rather than running away or controlling or suppressing or any other resistance, is understanding fear; that means watch it, learn about it, come directly into contact with it.
Freedom from the Known

Fear is the destructive energy in man; it withers the mind, it distorts thought, it leads to all kinds of extraordinarily clever and subtle theories.
Collected Works, Vol. XI

There is fear. Fear is never an actuality; it is either before or after the active present. When there is fear in the active present, is it fear?
The First and Last Freedom

The future is the movement of fear.
Commentaries on Living, Series III

Thinking about the future breeds fear.
Talks and Dialogues, Saanen 1967

If one is to be free of fear, one must be free of time.
Freedom from the Known

One can only be afraid of what one thinks one knows.
The Book of Life

You fear change because you are afraid to look at yourself as you are.
On Fear (Collected Talks)

A mind that is frightened is a dull mind, a mind that lives in others, books and values and so on. So it is absolutely necessary for a man who is serious –a man who is really religious has no fear.
The Awakening of Intelligence

When the soul remembers its origin it rebels against all slavery; when fear departs, the divine man is born
-Talks 1928
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Lao-tse (4.2) 2 4 4 2 3 (570-490 BC)

To know and yet to fear is not to know -

To know yet to think that one does not know is the highest attainment; not to know yet to think that one knows is a disease. –Ibid. , Ch. 71

Who controls others may be powerful, but he who has mastered himself is mightier still. –Ibid. Verse 33

He who knows others is wise; he who knows himself is enlightened. –Ibid. Verse 33

The best fighter is never angry. —Ibid. Verse 68

The wise man, after all his learning, returns to the common people with the knowledge that he knows nothing. In this humility there is no fear. —Ibid. Verse 71

When you are content to be simply yourself and don't compare or compete, everybody will respect you. In that state there is no fear. –Ibid. Verse 8

Care about people's approval and you will be their prisoner. –Ibid. Verse 9

The more laws and restrictions there are, the poorer the people become; the more sharp weapons there are, the greater the chaos; the more fear there is, the less freedom.
–Tao Te Ching, Verse 57

He who conquers others is strong; he who conquers himself is mighty.
–Ibid. Verse 33

A great nation is like a great man: when he makes a mistake, he realizes it; having realized it, he admits it; having admitted it, he corrects it. He considers those who point out his faults as his most benevolent teachers. Fearlessness is born from humility.
–Ibid, Verse 61

If you realize that all things change, there is nothing you will try to hold on to. If you are not afraid of dying, there is nothing you cannot achieve.
–Ibid. Verse 74
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The Master Morya

Fearlessness is Our leader. Beauty is Our ray of understanding. Simplicity is Our key to the secret doors to happiness.
-Leaves of Morya's Garden II, 132.

… Simplicity, beauty, and fearlessness—Christ and the Buddha spoke of nothing more. And it is a blessing if the spirit thrills to these teachings.
- Ibid. 132.

Luck is only found where there is absolute courage. The flow will carry those who strive.
-Leaves of Morya's Garden II: Illumination

Ignorance is the most terrible despot. He who dares to think independently already serves the evolution of consciousness.
-Illumination

Of course, the battle of the past does not bear comparison with the battle of tomorrow. No one should think that Armageddon is just a commotion in the kitchen. No, the biggest guns are in

action, and the swiftest cavalry is taking part. If we compare the recent Great War with Armageddon, it is like comparing Europe with the entire world, as it were. I offer this comparison just in case anyone is thinking that the present time is ordinary and easy. People need to summon all the imperturbability of the heart that they can, in order to find themselves among the ranks of Rigden's forces. Nobody should forget the nature of the time that we are going through.
Right now there is no one who can get by without courage. Only utter madness whispers that everything will fall into place of its own accord—that cannot happen! Being unable to govern by the basic principles, the dark forces have violated them; therefore, we must close ranks and go forward undivided in everything. The warriors should understand that the spiritual tension of the present time is no longer at the level of the Subtle World, but is already approaching the Fiery World. The Teacher is reminding us: not terror but a sense of the majestic should fill the hearts of the warriors of Armageddon.
-Heart #380

Only he who has conquered fear can know freedom and act for the good.
-Hierarchy §43

The greatest slavery is fear. Courage is the gate to illumination.
- Fiery World I §112

Only through the awakening of consciousness can man free himself from servitude to darkness.
-Ibid.

Whoever is unable to comply with the conditions of the Teaching of Knowledge dwells in fear. One has to see the aura of fear in order to understand how absurd this feeling is. Such an aura is not only agitated but coagulates, as if frozen, and, deprived of vibrations, it hangs like the yoke of a criminal. One should pay attention to the photographing of radiations. Even phosphorescent fish are easily photographed.
-Ibid.152.

Do not falter at the sight of demons. Pity for them is sharper than a fiery sword. Through pity one can repel the most daring attack. A beast cannot withstand the look of compassion, whereas it attacks when it senses the trembling of fear. True, fear is evil, but an evil which intrinsically is insignificant because it is ignorance. You have had many occasions to convince yourself that the inventions of evil are begotten of ignorance. Thus, supply yourself with a coffer of compassion.
-Ibid. 608

We are dissipating superstition, ignorance and fear. We are forging courage, will and knowledge.
-New Era Community
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George Orwell

The major problem of our time is the decay of the belief in personal immortality, and it cannot be dealt with while the average human being is either drudging like an ox or shivering in fear of the secret police.
-Looking Back on the Spanish War (1943

Until you become conscious you will never rebel, and until after you have rebelled, you cannot become conscious.

The conscious recognition of oppression and fear is the first step toward rebellion and self-liberation.
-Looking Back on the Spanish War (1943
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Plato

He who commits injustice is ever made more wretched than he who suffers it.
-Gorgias

Courage is a sort of knowledge of what is to be feared and what is not to be feared.
Laches

The brave man knows what is to be feared and what is not, and acts rightly in accordance with that knowledge.
-*Ibid*

True courage is the knowledge of what is to be feared and what is to be hoped.
-*Ibid*

The first and greatest victory is to conquer oneself.
-Ibid

He who cannot govern his own desires cannot be called truly brave.
-*Ibid*

Do not fear death; fear only failing to live rightly.
-Phaedo

0 Crito, if it thus pleases the gods, thus let it be. Anytus and Melitus may kill me indeed, but hurt me they cannot.
-Crito and Apology

Plato, The Republic

- No wealth can ever make a bad man at peace with himself.
- We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light.
- The measure of a man is what he does with power.
- Fear is the companion of ignorance.
- The greatest courage is to dare to be yourself.
- A man who has no inner courage cannot be trusted in battle or peace.
- To win the respect of men one must first conquer the fear within.
- Bravery is the gift of reason guiding the spirited part of the soul.
- Justice and courage are two sides of the same coin; the just man fears neither vice nor harm.
- Fear and ignorance are twins; courage and knowledge are companions.
- Only when the soul masters its fears can it attain true freedom.
- A courageous man faces danger for what is right, not for reward.
- Those who overcome their fears are the true leaders of men.

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Complete courage and absolute cowardice are extremes that very few men fall into. The vast middle space contains all the intermediate kinds and degrees of courage; and these differ as much from one another as men's faces or their humors do.

Perfect courage is to do without witnesses what one would be capable of doing with the world looking on.

-Francis de La Rochefoucauld, *Moral Maxims and Reflections*, no. 216.

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Helena Roerich Letters I,

Fearlessness and striving are two of the foundations of the Teaching. It is almost impossible to stop something that is in striving motion. Similarly does striving thought surmount all obstacles. You will have received by now the new book of the Teaching. You will find many wonderful formulae in it. Assimilate them and apply them to life. Note all that is said about the qualities of action. Only knowledge of the Teaching will bring you the presence of mind for your answers because the Teaching foresees every situation of life.
-13 Oct 1930

Amidst the concepts of courage, the most invincible is the courage of the flaming heart, when in full decisiveness, in full realization of achievement, the manifest warrior knows only the

path of advance. To this achievement of courage, only the extreme degree of the courage of desperation is comparable. With the same speed that the courage of the flaming heart overcomes the future, desperation flees from the past. Thus, where the courage of the flaming heart is lacking, let there be the courage of desperation. Only thus can the warriors conquer, when the offensive is great. All other aspects of courage are of no significance because in them will be halfwayness. This quality, next to cowardice and treason, must be avoided."
-3 June 1931

I would like the present time to be the turning point in your life. What was possible yesterday may not be possible tomorrow. Truly, courage unthinkable yesterday may be attained tomorrow. The battle on the Earth will be as terrible as it is in the Subtle Worlds. The world is broken into numerous factions. Only complete striving toward Us will save you. Of course, the least little sign of disorder and hostility among you will be painful for Me. Remember this! Thus, I confirm the development of Our actions in spite of the unprecedented attacks! But in this battle there is no reconciliation. We shall note disturbances in Europe, we shall witness many treacheries, but the Great Battle will solve the problems of the world. We also should realize that Light is invincible. The manifestation of darkness is a sign of ignorance. I repeat that tomorrow we shall awaken entirely different. In the Subtle World collisions are taking place along the line of the dead hearts. You will shortly see the results of these actions on Earth: everywhere there will be incoherence. The fall of countries, epidemics and poor harvests also will be manifested, and the world will split into new divisions.
-5 May 1932

The whole world is passing through thrice difficult days, & it was indicated to read in the Apocalypse the first verse, chapter 21—"And I saw a new heaven & a new earth" so it is, & with the old consciousness one cannot enter the New World. - Letters II
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Nicholas Roerich, The Invincible (1929)

Only through courageous struggle can one achieve the beauty of the spirit.

Let us be courageous and strive for the realization of the New World.

The strength of spirit lies in fearlessness.

Every courageous worker will say, Let not even the most frightful darkness be hidden from me —then the sunlight will shine more brilliantly.
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Sophe Scholl

Stand up for what you believe, even if you stand alone.
–White Rose Resistance (1921–1943)

How can we expect righteousness to prevail when there is hardly anyone willing to give himself up individually to a righteous cause?
-White Rose Leaflets (1942)

The real damage is done by those who look on and do nothing.

One must fight against the terror of fear, even if it means facing death.

Duty and conscience are higher than fear.

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Helen Schucman, *A Course in Miracles* (1976)

This is a course in miracles. It is a required course. Only the time you take it is voluntary … you can elect what you want to take at a given time. The course does not aim at teaching the meaning of love, for that is beyond what can be taught. It does aim, however, at removing the blocks to the awareness of love's presence, which is your natural inheritance.

The opposite of love is fear, but what is all-encompassing can have no opposite.

This course can therefore be summed up very simply in this way: Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God.

The escape from darkness involves two stages: First, the recognition that darkness cannot hide. This step usually entails fear. Second, the recognition that there is nothing you want to hide even if you could. This step brings escape from fear. When you have become willing to hide nothing, you will not only be willing to enter into communion but will also understand peace and joy.

There is no time, no place, no state where God is absent. There is nothing to be feared. There is no way in which a gap could be conceived of in the Wholeness that is His.

For love is treacherous to those who fear, since fear and hate can never be apart.

No one who hates but is afraid of love, and therefore must he be afraid of God. Certain it is he knows not what love means. He fears to love and loves to hate, and so he thinks that love is fearful; hate is love.

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Cease to hope and you will cease to fear - **Seneca, Letters to Lucilius**

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Eckhart Tolle

-The Power of Now: A Guide to Spiritual Enlightenment (1997)

- Is fear preventing you from taking action? Acknowledge the fear, watch it, take your attention into it, be fully present with it. Doing so cuts the link between the fear and your thinking. Don't let the fear rise up into your mind. Use the power of the Now. Fear cannot prevail against it.
- Being free of psychological time, you no longer pursue your goals with grim determination, driven by fear, anger, discontent, or the need to become someone. Nor will you remain inactive through fear of failure, which to the ego is loss of self.
- The reason why you don't put your hand in the fire is not because of fear, it's because you know you'll get burned. You don't need fear to avoid an unnecessary danger, just a minimum of intelligence and common sense.
- Most people's lives are run by desire and fear. Desire is the need to add something to yourself in order to be yourself more fully. All fear is the fear of losing something, and thereby become diminished and be less. These two movements obscure the fact that being cannot be given or taken away. Being in its fullness is already within you, now.
- How wonderful to go beyond wanting and fearing in your relationships. Love does not want or fear anything. (Ch 8)
- Your outer journey may contain a million steps; your inner journey only has one: the step you are taking right now.
- True freedom and the end of suffering is living in such a way as if you had completely chosen whatever you feel or experience at this moment. This inner alignment with Now is the end of suffering.
- Remove time through intense present-moment awareness and fear dies.
- The more you live in the present moment, the more the fear of death disappears.
- Wherever you are, be there totally. If you find your here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally. If you want to take responsibility for your life, you must choose one of those three options, and you must choose now. Then accept the consequences. No excuses. No negativity. No psychic pollution. Keep your inner space clear.
- Any action is often better than no action, especially if you have been stuck in an unhappy situation for a long time. If you remain stuck, you learn nothing.
- Accept — then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally; not your enemy. This will miraculously transform your whole life.
- To know yourself as the Being underneath the thinker, the stillness underneath the mental noise, the love and joy underneath the pain, is freedom, salvation, enlightenment.

- All the misery on the planet arises due to a personalized sense of me or us. That covers up the essence of who you are. When you are unaware of that inner essence, in the end, you always create misery. It's as simple as that. When you don't know who you are, you create a mind-made self as a substitute for your beautiful, divine being and cling to that fearful and needy self. Protecting and enhancing that false sense of self then becomes your primary motivating force.

- Most people's lives are run by desire and fear. Desire is the need to add something to yourself in order to be yourself more fully. All fear is the fear of losing something, and thereby become diminished and be less. These two movements obscure the fact that being cannot be given or taken away. Being in its fullness is already within you, now.

- Fear seems to have many causes — fear of loss, fear of failure, fear of being hurt, and so on — but ultimately all fear is the ego's fear of death, of annihilation. To the ego, death is always just around the corner.
- A great deal of what people say, think, or do is actually motivated by fear, which of course is always linked with having your focus on the future and being out of touch with the Now. As there are no problems in the Now, there is no fear either.
- The psychological condition of fear is divorced from any concrete and true immediate danger. This kind of psychological fear is always of something that might happen, not of something that is happening now.
- Is fear preventing you from taking action? Acknowledge the fear, watch it, take your attention into it, be fully present with it. Doing so cuts the link between the fear and your thinking. Don't let the fear rise up into your mind. Use the power of the Now. Fear cannot prevail against it.
- Remove time through intense present-moment awareness and fear dies.
- The more you live in the present moment, the more the fear of death disappears.

Stillness Speaks (2003)
Let the end of fear. You're one with that, the end of fear and anxiety.
When you no longer perceive the world as hostile, there is no more fear, and when there is no more fear, you think, speak and act differently.
Boredom, anger, sadness, or fear are not yours, not personal. They are conditions of the human mind. They come and go. Nothing that comes and goes is you.

A New Earth (2005)
- **If you are not taking responsibility for your state of consciousness, you are not taking responsibility for life.**
- If inner factors such as fear, guilt, or inertia prevented you from taking action, they will dissolve in the light of your conscious presence.
- If you are not taking responsibility for your state of consciousness, you are not taking responsibility for life.
- Power over others is weakness disguised as strength. True power is within, and it is

available to you now.
- Power over others is weakness disguised as strength. True power is within, and it is available to you now.
- If uncertainty is unacceptable to you, it turns into fear. If it is perfectly acceptable, it turns into increased aliveness, alertness, and creativity.
- Most humans are still in the grip of the egoic mode of consciousness: identified with their mind & run by their mind. If they do not free themselves from their mind in time, they will be destroyed by it. They will experience increasing confusion, conflict, violence, illness, despair, madness. Egoic mind has become like a sinking ship. If you don't get off, you will go down with it. The collective egoic mind is the most dangerously insane & destructive entity ever to inhabit this planet.
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If your enemy comes to speak bearing a sword, open your door to him and speak, but keep your own sword at hand…
— **Tad Williams**
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I am not afraid of dying. I am afraid of not trying.

-**Nancy Wake**
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Mariane Williamson

What we resist, persists; what we confront with courage, dissolves. *Illuminata*

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. *A Return to Love*
Courage is not the absence of fear; it is the willingness to act in spite of fear. *A Return to Love*
Love is what we were born with. Fear is what we learned here. *A Return to Love*
You must learn to release the thought of fear and step into the light of love.
A Return to Love

Our mission is to love ourselves and to serve others. Fear divides, love unites.
A Return to Love

You are not a helpless victim of circumstance. Fear can be released, and love embraced.
A Return to Love
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Healing begins the moment we choose to love rather than fear.
A Return to Love

Fear comes from the ego; courage comes from the soul.
A Year of Miracles

In the face of fear, the soul calls for action guided by love.
A Return to Love
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Paramahansa Yogananda

Fear is the biggest obstacle to spiritual progress.
Autobiography of a Yogi (1946)

Courage is the price that life exacts for granting peace.
Metaphysical Meditations

Let your life lightly dance on the edges of Time like dew on the tip of a leaf. Fear nothing.
Journey to Self-Realization

You have the power to become free of fear when you realize the divinity within.
Whispers from Eternity

The mind that is filled with fear cannot perceive God.
Autobiography of a Yogi (1946)

The soul is fearless and immortal; the body is but a passing shadow.
Man痴 Eternal Quest

Surrender to God is the only cure for fear.
The Divine Romance

When you conquer fear, you awaken the latent powers of the spirit.
Metaphysical Meditations

Do not let the outer circumstances control your inner peace. Fear disappears when you dwell in God.
Whispers from Eternity

True courage is the calm awareness of one痴 oneness with the Infinite.
Journey to Self-Realization

==========End of DRAFT #1 -Nov 2, 2025======

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